

## PUTTING THE LBC MODEL INTO PRACTICE (PART 1)

**Kain:** So Karen, back to the question, how is it you would experience this death physically?

**Karen:** Physically, okay.

**Kain:** If it's easier for you to close your eyes, close your eyes, or you can keep them open, it's entirely up to you, whatever works, but you know what this means. We're just looking physically, not emotionally, nothing else, just physically.

**Karen:** Yeah, so physically...

**Kain:** This might be more to do with your behaviour, how you act, behave, habits, might be defence mechanisms kick into play. Just look and see how it is that this problem manifests itself in you physically.

**Karen:** So physically when I'm in this place of stress and tension, I can be quite all over the place.

**Kain:** You can be quite all over the place physically.

**Karen:** I'm quite restless.

**Kain:** How specifically?

**Karen:** Like I don't like sitting or being in one place, I'll get up and go and do something else.

**Kain:** For what purpose?

**Karen:** To get away from the problem.

**Kain:** To get away from the problem. Is this like an avoidance strategy, is it?

**Karen:** Yeah.

**Kain:** Mm-hmm. How does that work out for you?

**Karen:** It doesn't work.

**Kain:** It doesn't work out for you, oh dear. Alright, okay. Physically, so how else do you experience this problem physically, or how does it manifest itself? How might other people experience this problem through you?

**Karen:** How might other people experience this problem?

**Kain:** Yeah, just from another perspective here, how might other people find you when you're feeling this way or experiencing life in this way?

**Karen:** Withdrawn.

**Kain:** Withdrawn, so you will withdraw from people when you experience death like this.



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**Karen:** Yeah.

**Kain:** We're using death as a very general, ambiguous, all-encompassing term, death is the enemy of life, isn't it?

**Karen:** Yes.

**Kain:** Yeah, so the worst case scenario, the worst possible outcome for us in any given circumstance or situation in life is that we die, isn't it, so let's just call death the enemy and life the best friend we could possibly have. Is that fair enough?

**Karen:** Mm-hmm, yeah.

**Kain:** Cool. So that's how you experience life physically. Now when you're experiencing death emotionally, we're going to take off the big Babushka, and obviously I've dropped mini Babushka or mini Mildred's head, but Karen knows what I mean by this. This is how we emotionally experience life now, so what's going on for you emotionally, let's see if we can separate our physical experience from our emotional. This will probably be easier for you.

**Karen:** So emotionally I'm anxious.

**Kain:** Emotionally anxious.

**Karen:** Distressed.

**Kain:** Distressed.

**Karen:** I feel torn.

**Kain:** You feel torn.

**Karen:** Yeah.

**Kain:** Torn between?

**Karen:** Between wanting to withdraw and hide and I feel ashamed and wanting to stay and confront and deal with the problem and resolve.

**Kain:** So you kind of feel torn a little bit between flight and fight, stay and resolve the issue, run away and hide.

**Karen:** Mm-hmm.

**Kain:** Oh dear. So when you feel this way, how does this affect you physically?

**Karen:** Physically I feel tense.

**Kain:** You feel tense.

**Karen:** Sore head.



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**Kain:** Physical body feels tense, you've now got a sore head. How about your voice when you're communicating or speaking, do you speak bold and confident or...

**Karen:** No, I tend to close up and give minimal responses.

**Kain:** Minimal responses, so no-one else would know where they stand with you.

**Karen:** No. And quite...having considered some of these conversations in the past, quite disempowered, as I communicate in quite a weak sort of way.

**Kain:** So you come across and you feel quite disempowered.

**Karen:** I do feel disempowered, but I also come across disempowered.

**Kain:** You come across disempowered. Is that to other people, is it?

**Karen:** Yeah.

**Kain:** Okay, so that's how other people might perceive you. Okay, interesting. So this is how you feel. Now, I'm just wondering if we were to peel off another layer off Babushka, we now have a mini mini Mildred going on here. I'm wondering what's going on beneath the surface, so yes, we've got all these physical things going on, we've got the tension, the stress, headaches, we've begun to notice now that you communicate in a slightly different way, perhaps in a way that might be more inclined to avoid a problem rather than deal with it head on, am I summarising okay here?

**Karen:** Yeah, that's right.

**Kain:** So you're feeling a certain way, you're feeling torn between fighting, flighting, staying, going. Alright, what's underpinning, what's going on, what is creating, where are these feelings coming from? Rationally, what's now going on inside of your head? What's going on inside of your head?

**Karen:** Inside of my head.

**Kain:** What are you thinking about? How are you rationalising life?

**Karen:** I'm thinking I've failed, I've got this so wrong.

**Kain:** You've got this wrong, you've failed.

**Karen:** That's the connection over.

**Kain:** That's the connection over, is that the relationship over as well?

**Karen:** Yeah.

**Kain:** Yeah, oh dear. It seems pretty much death and destruction to me.

**Karen:** Yes.





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**Kain:** You've got war of the worlds going on inside of your head, do you?

**Karen:** Yeah.

**Kain:** Oh dear, oh dear.

**Karen:** Quite extreme.

**Kain:** Quite extreme thinking, is it? So are you able to identify the connection between the quality of your thinking and how it is that you're now feeling?

**Karen:** Mm-hmm.

**Kain:** Are you able to see how they're all interconnected?

**Karen:** Yes, yeah.

**Kain:** Kind of like a set of dominoes, you think a certain thought, you're going to feel a certain way, and if you feel a certain way you're going to have some sort of physical outcome. Every thought is going to manifest itself in some way physically through your life, there's going to be a repercussion, a consequence.

**Karen:** Yeah.

**Kain:** Interesting. Is there a part or a way in which you think sometimes that you perhaps don't listen to or you listen to less than some other way in which you think? Is there one voice you listen to clearer or more than another? I don't know.

**Karen:** Yes, there is.

**Kain:** There is.

**Karen:** Yeah.

**Kain:** How does that work specifically?

**Karen:** There's a voice of reason.

**Kain:** Voice of reason. What would the voice of reason say?

**Karen:** It would say...it would point me towards what I actually want.

**Kain:** So the voice of reason would point you towards what you actually want.

**Karen:** Yeah.

**Kain:** What's the conflict? Because I'm just wondering, because you're torn, which means there must be two options here, is that right?

**Karen:** The two options, yeah, are listen to the voice of reason...



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**Kain:** Listen to the voice of reason.

**Karen:** ...which tells me what I want...

**Kain:** Tells you what you want.

**Karen:** ...which tells me to deal with the problem, resolve it.

**Kain:** Deal with the problem, resolve.

**Karen:** And look at what's actually true.

**Kain:** And look at what's actually happening, what's really going on.

**Karen:** And then there's the voice of doubt and worry and panic and worst case scenario.

**Kain:** And catastrophic thinking, is it?

**Karen:** Yes.

**Kain:** Worst case scenario, is that murder, death, kill? Is that where death comes from?

**Karen:** That's where death comes from.

**Kain:** That's where death comes from, my goodness. But there are in fact two voices.

**Karen:** There's two voices.

**Kain:** Two clearly distinguished voices.

**Karen:** I don't hear the voice of reason quite so clearly until I've calmed down usually.

**Kain:** So until you've managed to perhaps separate yourself from an emotion, from whatever emotion you're feeling, you're not able to get clear on the options that you have.

**Karen:** That's right, yeah.

**Kain:** Is that accurate?

**Karen:** Yeah.

**Kain:** Okay, good. Fantastic. So I'm just going to ask you now just to hold these two Babushkas, because I'm running out of hands here.

**END OF TRANSCRIPT**

